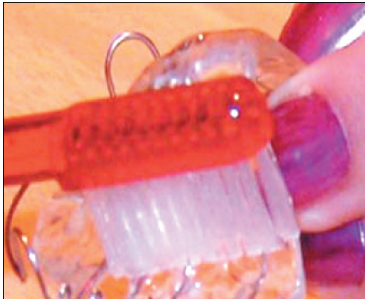


Care of your brace

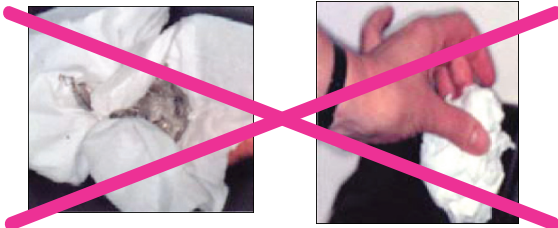
Remove your brace after each meal and clean your teeth. Then clean your brace under running water with a toothbrush and replace it in your mouth.



Removable appliances are delicate. When not being worn, they should be kept in a hard plastic container for protection.



Never put your brace in a tissue. You may forget it is there and throw it away.



Discomfort

Soon after fitting or adjustment of the appliance, it is not unusual to experience some discomfort, which may last for a few days. If necessary take the correct dose of pain-killer. (Always read the instructions on the packet and never take any medicines without first discussing with a parent or guardian).

You should persist, because if you stop wearing your brace you will have to go through the discomfort when you start wearing it again.

And remember

Have regular check ups with your dentist. You will need to see the orthodontist regularly for adjustments.

It is important that you, the patient, carefully follow these instructions so that treatment can progress as smoothly and quickly as possible.

If you break your appliance, lose it or if it causes persistent discomfort, please contact the surgery and the receptionist will advise you.



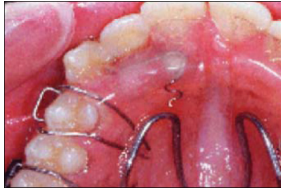
accrington rd
dental centre of blackburn

Removable Orthodontic Appliances

a 128/130 Accrington Road, Blackburn BB1 2AE
t 01254 52165 f 01254 664518
w www.accringtonroaddental.co.uk
e reception@accringtonroaddental.co.uk

Removable appliances

Removable appliances are specially made by a skilled technician for your mouth. They deserve to be handled with the utmost care.



Some appliances have a deliberate split. This is not a breakage, it is the means by which tooth movement is achieved.

Fitting

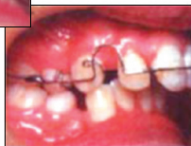
When fitting the appliance into your mouth, you must take great care to ensure that the springs are placed in the correct positions. Once you are sure, the appliance can be fully seated.

Inserting your appliance

Not all appliances have springs, but if they do, be sure to insert the appliance correctly or it won't work.



correct



after 6 months



incorrect, no movement will occur (spring is behind tooth)



Wear

Unless otherwise instructed, your removable appliance should be worn at all times; 24 hours a day, 7 days a week including for eating. In most cases, eating with the appliance inserted is of particular importance with regard to treatment success. It is not an optional extra.

When you are wearing your brace, do not play with it in your mouth (such as clicking it up and down). This can break your brace and has the effect of annoying your friends and relatives.



Removing your brace

When removing your brace, always use the clips at the back. This will help prevent damage to the delicate wires that move your teeth.



Exceptions

If you are playing rough contact sports or if you go swimming, it is advisable to remove the appliance for the duration of the event only. It must then be replaced at the earliest opportunity. For contact sport, always wear a gum shield.



Treatment time

This very much depends on the problem you have, but one thing's for sure, the more you wear your appliance, the quicker the treatment.

Remember...

eating, drinking and sleeping

(unless otherwise instructed). It will take a little time to learn to eat and talk with the appliance in your mouth. Stick with it, be patient and remember the long term goal.

You do want beautiful teeth, don't you?